



Navy and Marine Corps Public Health Center "Quick Hits"



December 2009

Health Risk Assessment

The [Fleet & Marine Corps Health Risk Assessment](#) is a 21 question self-assessment of common lifestyle behaviors that are the major underlying determinants of health. An [annual summary report](#) of 154,884 records has been compiled that analyzes the status of both active and reserve components of Navy, Marine Corps, and Coast Guard personnel.

The prevalence of specific risk factors has remained fairly constant from the previous year, with the leading health risks being low fruit and vegetable consumption, work stress, lack of dental flossing, and not getting enough restful sleep. Overall, reported smoking rates dropped significantly in the past year. However, smoking and dipping remain high in the Marine Corps. Calculating mean number of risk factors showed that more USMC members qualified as "high risk" (42.8%), followed by the USMCR (42.0%), USCG (35.2%), USN (32.9%), USCGR (26.7%) and USNR (20.6%). Members of the USNR, who generally have older members, scored significantly more often in the low risk category (41.3%).

The data also indicates that, in general, Navy and Coast Guard personnel were more likely than Marines to be classified as either overweight or obese, Marines are unlikely to fall into the obese category, and active duty Navy and Coast Guard are slightly more likely than reservists to be of normal BMI. Overall, 63% of service members were classified as overweight or obese according to the [CDC BMI standards](#) for healthy adults.

Local HRA Administrators have the ability to produce [group reports](#) for their commands, which can serve as the basis for tailored counseling and health education. The Navy & Marine Corps Public Health Center offers a [free DVD](#) set on Patient Centered Prevention Counseling through their website at:
http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/pha_counselingdvd.aspx

Access to the Web-based Health Risk Assessment

Log-on to the HRA: http://164.167.141.36/pls/newhra/dsc6pop.NEHCha_Login

Additional guidance for access to and completing the HRA is available as follows:

Active Components: http://www-nmcphc.med.navy.mil/downloads/HRA/individual_members-active-component.doc

Reserve Components: http://www-nmcphc.med.navy.mil/downloads/HRA/individual_members_reserve-component.doc

U.S. Coast Guard Guidance: http://www-nmcphc.med.navy.mil/downloads/HRA/individual_members-coast-guard.doc

POC and Links

- NMCPHC Homepage: <http://www-nmcphc.med.navy.mil/>
- NMCPHC Fleet & Marine Corps HRA: http://www-nmcphc.med.navy.mil/Healthy_Living/General/healthriskassessment.aspx
- HRA Power Point Presentation: "[What You Need to Know](#)"
- HRA Assistance: hrafeedback@nehc.mar.med.navy.mil or call (757) 953-0962